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## The Delectable Strawberry

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USU Student Organic Farm

# THE GARDEN BEAT

community supported agriculture

July 1 & 3, 2013

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## IN THE BOX

**arugula**

**red mustard greens**

**red russian kale**

**red lettuce**

**green lettuce**

**pakchoi**

**cilantro**

**peas**

**spinach**

**strawberries**

### Fresh Strawberry and Custard Ice Cream

Don't let the length of time it takes to make this recipe scare you. Most of the work is actually done by your refrigerator and your ice cream maker. The flavor of the spectacular dessert is more than worth the wait. Plus it will last for up to a week if put in an airtight container in the freezer.

**Ready in 4 hrs**

**Serves 5**

### Ingredients

1 ¾ cups heavy cream

1/8 teaspoon salt

2 large eggs

½ cup sugar (¾ cup sugar if using store bought strawberries)

3 cups of trimmed strawberries

1 tablespoon fresh lemon juice

Lemon zest

### Equipment

Heavy saucepan, Cooking thermometer, Ice cream maker

### The Delectable Strawberry

I can think of nothing I'd rather eat fresh from the garden than a scarlet red strawberry, fragrant and bursting with mouth-watering flavor. Even if it's half eaten by a bird or has a few slug bites, I can't resist the promise of its sun-ripened sweetness. It's just that good.

But that's only for a real strawberry, not so much for the unripe mutants that so often pass for strawberries at the store. Cut one of those in half, and too often you'll find it green inside and so tasteless it's almost criminal. A real strawberry is crimson through and through, and has a delicious aroma that earned it a common name used across the romantic languages: "fraises," in reference to that pleasing fragrance.

Carolus Linnaeus, the Swedish botanist responsible for creating the system we use today for naming organisms, carried on with the fragrance idea in the latin name *Fragaria*. At a time when some people distrusted the wild strawberry, Linnaeus ate a steady diet of them for a time to prove that the berries did not cause ill effects. In certain parts of Europe, some people deemed strawberries unfit for consumption because they grew where snakes and toads crawled.



*Andrew Croft*

Perhaps another reason that people distrusted the berries was because strawberry allergies are a very common food allergy (those poor souls!). Reactions are linked to the red color in the ripening fruit. Luckily, there are some strawberries that have white or yellow fruit that are missing this red gene, and usually cause no reactions at all. It would be great if those affected by the allergy could finally taste a handful of strawberries for the first time with no problems. You won't find the fruit for sale, but the plants or seeds can be bought through specialty suppliers. These types also seem to be unbothered by birds, which usually look for the red color to signal a tasty treat just as we do.

To store strawberries, the best thing to do would be to refrigerate them in a shallow layer to prevent crushed fruit. Well, that's really the second best thing. The first thing to do is devour them as quickly as possible! The fruit does not ripen further after picking, and only goes downhill from there. Washing the berries speeds up the breaking down process, so only wash them right before eating. Happy munching!

### Directions

1. Combine cream, zest and salt in the saucepan and bring to a boil.
2. Remove from heat and strain out the zest.
3. Whisk the egg and sugar in a bowl.
4. Slowly whisk in hot cream into the sugar and egg mixture.
5. Pour back into the saucepan and bring to medium low heat on the stove. Stir the mixture constantly until your thermometer reads 170°F. As you cook make sure that the mixture does not reach a boil.

6. Remove from heat and pour the custard into a metal bowl and cool to room temperature.
7. Once at room temperature cover the bowl and put in the fridge for 2 hours. Stir occasionally during this time.
8. Puree strawberries with lemon juice in a blender.
9. Stir puree into chilled custard.
10. Freeze in an ice cream maker.
11. Serve immediately for soft serve ice cream or transfer into an air tight container and place in the freezer overnight for hard ice cream.

## Announcements

### U-pick Strawberries for Free

As CSA members, we invite you to come pick as many berries as you'd like for free. We are at the farm Monday-Friday from 6am-Noon. Please come during these hours for your first time picking so we can show you where to pick. Strawberries should be around for the next week or two.

### What is a Garlic Scape?

Garlic scapes are the flower stocks of the hardneck garlic plant. They usually develop within a month of the first leaves developing and are removed to encourage the plant to focus its energy on producing a larger bulb. Garlic scapes are edible and delicious. Their light garlic flavor is an excellent addition to pasta, sautéed vegetables, and salad dressings.

### Herbs in the Garden

-Thyme	-Lemon balm	-Hyssop
-Sage	-Lavender	-Catmint
-Garlic chives	-Greek oregano	-Chives
-Chamomile	-Summer savory	

### Volunteer hours:

**Tuesday, Thursday, Friday:** 9 am to 12 pm

### Missed pickup policy:

If you forget to pickup your share for the week at your scheduled time, we are so sorry but you will have to forfeit the share for the week. If you let us know a week in advance that you will be gone, we can definitely work something out so you don't miss a share. Also, you can have a friend, neighbor, or relative come pick up your share for you if you will be gone. They just need to come at your scheduled pickup time and let us know who they are picking up for.

## What you might see in your next box

**kohlrabi**  
**peas**  
**kale**  
**parsley**  
**chard**  
**turnips**



*So many beautiful strawberries*



*One of our on-farm interns (who will remain unnamed) fell out of a wheelbarrow this week after deeming it a proper place to sit and take a rest*

## On the Farm News

As you may have noticed, the strawberries are coming on strong. We have been harvesting them all week! Even with the birds and the slugs helping us out, we still have so many strawberries that are aching to be plucked from their vines and put into a lovely green basket. We are hoping to get a couple more weeks out of them so please come by while we are the farm and pick some. You can even pick when you come to get your share. If we had the man power we would harvest them all for you but there are just too many! So don't be shy.

Something else you may have noticed is that it has been quite hot this week. We do our best to keep out of the warmest parts of the day by getting to the farm at 6am in order to leave by noon. Even with that, we catch some blazing sun by 10am. There is something good about all this heat...warm crops love it. Tomatoes, eggplant, peppers, summer squash and the like love the heat out here at the farm. Basil also likes warm

weather, and we've transplanted more out in the field. Hopefully the prices of pine nuts go down in time for harvest. Our basil variety makes a mouth-watering pesto. Other plantings at the farm this week have been carrots and beets. We all love our root veggies and they are looking great!

Newcomers to the farm this week are drum-roll please...grasshoppers! They seem to find our farm a particularly ideal location to live for the season. We've been working hard to suppress them with the Nolo bait and hopefully they don't get too out of hand. If only we could get all the neighborhood birds to eat them all for us. Despite the spike in grasshopper populations, the produce at the farm is still looking good. They haven't eaten too much yet. Hopefully they won't ever get the chance to.

We are looking forward to another lovely week at the farm and hope to see you around for some strawberry picking!

